

# **Dating Matters Resources**

# Local resources:

# **House Of Ruth Maryland**

hruth.org

2201 Argonne Drive Baltimore, MD 21218 Office: 410-889-0840 info@hruthmd.org

24-Hour Hotline: 410-889-RUTH (7884)

Help is available in every language.

Legal Hotline: 1-888-880-7884 Gateway Project: 410-554-8479 ABUSER INTERVENTION (Monday -Thursday 10am - 6pm)

#### TurnAround Inc.

turnaroundinc.org info@turnaroundinc.org

401 Washington Avenue Suite 300 Towson, MD 21204 410.377.8111

2300 N. Charles Street 2nd Floor Baltimore, MD 21201 410.837.7000

9100 Franklin Square Drive, Rm 317 Baltimore, MD 21237 410.391.2396

# National resources:

# One Love

# joinonelove.org

One Love educates young adults, consumers and behavioral health providers about healthy and unhealthy relationships, empowering them to identify and avoid abuse, and learn how to love better.

### **Love is Respect**

loveisrespect.org

1-866-331-9474

This website has lots of information to help prevent unhealthy and unsafe relationships, and resources to help if you or someone you know is in an unhealthy or unsafe dating relationship. It includes a 24/7 anonymous online chat with a peer advocate and a text chat - text "loveis" to 77054.

### **That's Not Cool**

#### thatsnotcool.com

That's Not Cool provides tools to help teens draw a digital line about what is, or is not, okay in their relationships, with a focus on what happens on their cell phones, instant messaging, and online profiles.

#### A Thin Line

### athinline.org

This website provides information on digital abuse, including topics like sexting, digital disrespect, and constant messaging.

# **The Trevor Project**

### thetrevorproject.org

This organization provides crisis intervention and suicide prevention services to LGBTQ pre-teens and teens. It includes an online chat with a counselor.

#### Half of Us

### halfofus.com

This MTV website provides support and resources for a wide range of issues that teens may face, including ways to feel better if you're feeling sad, anxious, or dealing with some tough stuff.

# **Choose Respect**

### chooserespect.org

This is the website for the national Choose Respect initiative, which helps teens form healthy relationships to prevent dating violence before it starts. It includes lots of information on teen dating violence and healthy relationships.

### **Break the Cycle**

### breakthecycle.org

Break the Cycle aims to empower teens to end the cycle of domestic violence. Find links to legal resources, as well as youth leadership development and education.

# Hotlines:

### Love is Respect, National Dating Abuse Helpline

1-866-331-9474

This hotline provides 24/7 support and help if you or someone you know is in an unhealthy or unsafe dating relationship, no matter how casual.

#### **Trevor Lifeline**

1-866-488-7386

This hotline provides 24/7 support and help for LGBTQ pre-teens and teens.